

CENTRE PHILOSOPHY

Women's health is determined by a broad range of social, environmental, economic and biological factors and is affected by gender, discrimination and sex role stereotyping, age, ethnicity, racism, disability, sexuality and sexual preference.

Encompassing health promotion, disease prevention, equity of access to appropriate and affordable services, and illness treatment services.

Essential elements of the health process are information, consultation, advocacy and community development.

WILMA is committed to ensuring that all of these factors are considered when providing services.

Contact Us

WILMA Women's Health Centre
6 Bugden Place, Campbelltown 2560

Open 9am-4pm Mondays to Fridays
Phone messages taken between
12.30-1.30pm

P.O. Box 267
Macarthur Square
NSW 2560

Ph: 02 4627 2955
Fax: 02 4728 6725

Email: wilma@wilma.org.au

Website: www.wilma.org.au



April 2014

WILMA Women's Health Centre

Evidence Based Woman Centred
Health and Wellbeing

- ⊙ Counselling
- ⊙ Art Therapy
- ⊙ Women's Health Doctor
- ⊙ Well Women's Clinic
- ⊙ Naturopathy
- ⊙ Acupuncture
- ⊙ Cranio-Sacral Therapy
- ⊙ Information and Referral
- ⊙ Healthy Lifestyle Coaching
- ⊙ Groups and Events
- ⊙ Trauma Recovery Specialists
- ⊙ Therapeutic Massage

Dharawal Language

**Njunalin ngaralang dharawal wula wala
nguradhanhay ngaliya**

English translation

**We respect Aboriginal peoples as the first
peoples and custodians of NSW.**

Content given by Karen Adams. Permission given by Frances Bodkin of the Dharawal People.



Artwork by Aboriginal Artist Leanne Hunter



© Photo by Chris Fysh

**EVIDENCE BASED
WOMAN CENTRED
HEALTH AND
WELLBEING**

Funded by NSW Health

Centre Information

All Women are welcome to come to our centre. Drop in and have a look at all the great services that WILMA has to offer.

WILMA is a women's only safe place in the local Macarthur area. You do not need to be in a crisis to access our services.

You can also find WILMA on Facebook and our website:

www.wilma.org.au

Bookings are necessary for all services and can be made over the phone or email. If you are unable to attend your appointment, please advise us as soon as possible.

Counselling



Our counsellors are here to listen and support you in discussing and resolving issues of concern to you. Our emphasis is on being non-judgmental and supportive. We have a safe, friendly and relaxed environment. This is a free service.

Women's Health Clinic

A Women's Health Doctor and a Women's Health Nurse are available for booked appointments at the Centre .

They specialise in women's health issues and provide pap smears, breast checks, pregnancy counselling and tests, chlamydia and other STI screenings, advice on contraception, menstruation, and menopause, and support with mental health.

Our Women's Health Doctor bulk bills. Long appointments are available.

Groups & Workshops



**TAI CHI & YOGA
MEDITATION**

**HEALTHY LIFESTYLE
BELLYDANCING**

**SELF-DEVELOPMENT GROUPS
ONE-DAY WORKSHOPS**

More groups available each term
"What's On at WILMA" updated
each quarter. See our website:
www.wilma.org.au

Natural Therapies



MASSAGE THERAPY

Available every Monday afternoon and Tuesday morning. A therapeutic treatment with a relaxed environment.

ACUPUNCTURE

Available every Wednesday and Friday for treatment of a wide range of conditions from muscular skeletal to anxiety disorders. Painless treatment offered in a caring manner.

CRANIOSACRAL THERAPY

Available Wednesdays and Fridays. A treatment that restores the body and emotions to a peaceful balance. Great for stress, aches and pains.

NATUROPATHY

Available every Monday and Thursday. Balancing the body by combining an array of healing practices like nutrition, iridology, herbal medicine and flower essence.

Low-cost service.
Health fund rebates available.